

RECLAMATION

Managing Water in the West

2nd Quarter 2018

Reclamation's
Newsletter on
Safety and
Occupational
Health

The Safety Factor

Director's Message: Taking Safety Seriously

From Karen Knight, Acting Director, Security Safety and Law Enforcement,
Denver Office

As my time as Acting Director for SSLE comes to a close, I have been privileged to learn more about Reclamation's Safety Program and to see how safety is taken seriously across the organization. The work we do changes often, sometimes in difficult conditions. We have aging dams and power plants that need maintenance, and that work can be hazardous. But I see employees doing the difficult tasks with safety in mind. I see supervisors and managers support safety talks and provide PPE for their employees. I see safety training being provided, and new training being developed. I see staff working to update the RSHS and develop new policies for worker safety. I see that our bureau takes safety seriously.

But can we do more? Absolutely, we can. Safety is more than adhering to standards and guidelines, more than doing a job hazard analysis, more than doing evaluations and more than training. Serious safety is truly caring about your safety and the safety of those around you. Being serious about safety goes beyond the letter of the law but into the reason safety matters – the health and welfare of our fellow employees. It is, in essence, being our brother's keeper.

Director's
Message —
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In 2015, one worker
died on the job every

125 MINUTES.



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Be Sweet to Your Feet!

As spring approaches, we will see more days out in the field or shop. Are your safety shoes/boots ready? Or do they need a little tender care before you wear them again? Perhaps they need replacing? Here are a few tips to get the most out of your safety footwear and protect your feet.

Signs of Wear that Means Repair or Replace:

- Protective components are showing – steel toe, metatarsal guards, steel midsole, steel shank, etc.
- Separation of shoe parts
- Seam stitching has come loose or undone
- Holes – in uppers, lowers or sole
- Dented Toe
- Heels – broken, loose or unevenly worn down on one side
- No longer fits – feet change in shape and size with age and weight loss or gain

Care of Safety Footwear:

- Clean off mud and other foreign materials as soon as use as possible
- Follow the care instructions for your specific make and model of safety foot wear
- Check laces for signs of wearing thin or shredding; replace as needed
- Break in new safety footwear weeks in advance of needing for work
 - * Walk in them in short increments of time, increasing each day
 - * Be aware of spots that feel odd or could cause sores or blisters to form
 - * Wear the same style socks you will use in the field/shop when breaking them in
- Have about ½ inch ample toe room
- Ensure a snug but not uncomfortably tight fit around the heel and ankle
- Apply a protective coating according to manufacturer's instructions

Care for Happy Feet:

- Wash feet daily when working repetitive days in the field
- Make sure feet are dry, especially between the toes, before donning socks and safety shoes/boots
- Trim toenails straight across; do not cut too short
- Wear clean socks each day, or more often if necessary
- Consider rotating socks and footwear during long shifts
- Choose natural fibers or wicking content materials for socks if you are prone to excessive foot sweating
- Consult your doctor or podiatrist if serious conditions arise with wearing your safety footwear

Remember, your feet are the base of your entire body. Take care of them so you can enjoy every step you take!

Director's Message, continued from previous page

If we stop to think about the person working next to us, think about what would happen if they were injured on the job and all the ways that injury would impact their life and the lives of their loved ones. Wouldn't you go just a little farther to protect them from harm? That is being serious about safety.

As I pass the torch to the next Acting Director, Brian Becker, I will not relax in taking safety seriously. It is something that each of us must do, for ourselves and each other, every day. I care about safety, how about you?

In The News:

DFC Safety Day

Health, Safety and Security Fair in Third Year at Denver Federal Center

On June 28, 2018 several federal agencies will be hosting the 3rd Annual “DFC Safety Day” in the greenspace near Building 41. The event combines information booths, auditory testing services, blood drive, car show, pet supply drive and farmer’s market to encourage everyone to be more health, safety and security conscious.

This type of event is not unique to DFC nor to large cities. Reclamation offices have and still do participate in a variety of safety fairs across the western United States. The Safety Factor would like to hear your stories and see your photos about what your Reclamation office does to promote safety for employees, families and the public.

If you are in the area on June 28th, take a break and join us on the DFC campus for Health, Safety and



Health, Safety & Security Day 2018

Thursday, June 28
11 a.m. to 1 p.m.
Bicentennial Park

Exhibits and vendors:

- Health and wellness
- Car show
- Emergency management
- DFC Farmer's Market
- Safety and security
- Helicopter display
- Pet adoptions

Home Safety Tip:

Thunderstorm Preparedness and Safety Tips

Before the Storm:

- Know the difference between Watch and Warning (go to <https://www.weatherworksinc.com/watch-vs-warning> to learn more)
- Pick a safe place to be indoors – away from windows, skylight and glass doors
- Secure all loose items outdoors or bring them inside well before the storm hits; make a list and keep it handy
- Stable or bring indoors all your pets and animals; crate nervous pets if needed
- Put together an Emergency Preparedness Kit; when storm warning is issued grab kit and take to the indoor safe place

Follow this link for a good list for making a kit: <https://www.ready.gov/build-a-kit>

- Discuss the plan with family and conduct a practice drill

During the Storm:

- Listen to local news or NOAA Weather Radio for information and emergency notices
- If in a vehicle, stay inside with the windows closed; do not leave unless it is necessary to take shelter from a tornado
- If thunder can be heard, even if it is not raining, lightning can strike
- Grab Emergency Preparedness Kit and go to safe indoor place

Additional information can be found at: <http://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/thunderstorm#During>

SAFETY SPOTLIGHT

Tinkering Toward a Safer Workplace

by Samuel Thompson, Yuma Area Office Safety and Occupational Health Specialist, and Jessie Jones, Yuma Area Office Technical Writer-Editor

Right now, Yuma Area Office (YAO) Mechanic Worker II, Danny Gurrola, is designing special window covers for a YAO drill rig to help reduce safety risks and property damage associated with vandalism. Danny has come to be known as a tinkerer who makes mechanical tasks simpler and safer by designing and constructing custom tools to use while working.



YAO takes safety seriously and recognizes employees who promote a positive safety culture. Danny is one of these employees who has demonstrated a dedication to improving the safety culture for operations and maintenance crews.

“When I was younger, I liked to make prosthetics and other tools to make work safer and better. One of the earliest tools I made was a claw device to remove hard-to-reach drip pans from underneath vehicles,” Danny said. Later, while working for the City of Yuma, Danny designed and welded a special cradle to hold meter-reading computers safely while driving to and from work sites. The American Water Works Association awarded Danny a “Gimmicks and Gadgets” prize for this work.

In summer 2016, shortly after beginning his time at the YAO, Danny was sent to work on turbine pumps in the field. Part of that work involved removing 100-pound pump shafts on turbine pipes by using repetitive, twisting wrist and hand movements. These movements led to just enough soreness that Danny was determined to find a way to improve the mechanics of the work. He created a small pipe spinner the following weekend. This spinner could be used in place of his hands, in slippery conditions and without the use of heavy bulky tools, while drastically reducing the risk of cramping, swelling, and repetitive injuries. This tool and other related tools he developed since then are now used by multiple employees.



For Danny’s continual efforts, he received the YAO’s first “Safety Spotlight Award” for exceptional safety achievement in May 2017. According to the award criteria, recipients should “go above and beyond in recognizing unsafe hazards, make recommendations for removing those hazards, and . . . help improve the overall safety program” at the YAO.

Danny has shown no signs of slowing down since he received this award. He has since designed and constructed drill press machine guards that are safer and more durable than off-the-shelf varieties. And we can’t wait to see his improvements to our drill rig!

Danny is a role model for improving workplace safety and the YAO thanks him for all he has done.

Photo Captions:

Photo 1: Danny Gurrola receives Safety Spotlight Award from YAO Area Manager Maria Ramirez.

Photo 2: One of Danny Gurrola’s handcrafted pipe spinner tools.

All photos provided by YAO Program Support Assistant Julian Higuera.

Safety Factor Editorial Corner

Safe Driving For All

Editorial by MRutheyi Thompson

My mother taught seven teenagers how to drive. In a full sized 1980 Ford Bronco with a standard transmission, and survived. What is more impressive is that she not only taught those seven young adults how to operate that vehicle, she taught “In the Present Driving”. What is that you ask? It is a newly-coined term for being situationally aware of the input from all sources, staying focused on the driving task (no distractions), and having a travel plan. She also taught how to use the finger, and it is not what you might think; that is part of being situationally aware.

Back when she taught us all how to drive, there was no such phrase as “In the Present Driving”, aka “Mindful Safe Driving”. Yet she knew the concepts we needed to learn and made sure we understood them. We had to learn how a basic reciprocating engine worked, how to change the oil and a tire, and conduct a solo “pre-flight inspection” (walk-around visual inspection) before we were ever allowed to start the engine. We were instilled with the lesson that a vehicle is either a tool for transportation or a tool to inflict injury or death. We knew when we drove a vehicle, we held the welfare of our self, our passengers and those around us in our control. We held the keys to a potentially lethal weapon when we held the keys to the car.

She insisted we be on the lookout for anything that did not seem right. “Whonky” was the term she used. If we saw something that made us uncomfortable, we were to use our index finger to point it out while keeping both hands on the wheel (no small feat I’ll tell you). Blinker use was never optional, even in parking lots and lonesome back country roads with no other car for miles. Music was always kept to a level sufficient to hear emergency sirens, never louder. Everyone must wear a seatbelt. Always keep a cushion between you and the car in front to maintain a safe following distance and be prepared for any kind of crazy, because crazy happens. There is no need to speed.

Did we always obey all these rules and practices? I plead the fifth. But I know that what she taught is a comprehensive, conscientious driving training that was decades ahead of the safety world.

One of the most important things she taught was having a Travel Plan. In the Feature Article in this Safety Factor edition, I’ll outline what is entailed in the Travel Plan.

If there is one piece of advice from my mom that I would leave for us all on this topic it is this:” Nothing is worth risking your life or the lives of others for – so drive properly, like you were taught to do.”



Stock photo credit: Ford Motor Company

Safety Focus:

Travel Plan

Planning – The First Key to Arrive Alive

By MRutheyi Thompson, CESCO, REP

The editorial introduced the topic of a Travel Plan. In Reclamation, we have projects and facilities in remote locations. Driving long distances and/or through rural areas is just part of the job. Having a Travel Plan is a great tool to use for worker safety. In our personal lives, it is also useful for our safety and that of our passengers.

What does a Travel Plan consist of? If you are familiar with aviation terms, it is similar to filing a flight plan. It should have the standard who, what, when, where and how. Who is going to be in the vehicle? What is make, model, color and license plate of the vehicle? When do you plan to start driving? When do you anticipate arriving? When do you plan to stop for breaks? Where are you starting from? Where are you ending your drive? Where do you plan to stop for breaks? Finally, how is the route you plan to take.

This may seem like a good deal of information overload. But in rare case that a search needs to be instituted to find you, all of this information is crucial and speeds up the response process.

In the many years our family has been using Travel Plans, we have embraced technology as it emerges. We text this info to a few key people. When data plans began including free images, we took pictures of the vehicle and the license plate to send with our Travel Plan details. We send messages with updates and with any changes to route or timing. Now with smart phones and vibrant travel apps, you can have someone track your location during your entire trip. You can get real time video or still images of road conditions. You can access weather information with ease.

In the course of our work in Reclamation, we are sometimes in areas without 4G coverage; which means most of our apps won't work. In some rare situations, no cell phone coverages exists. In those locations it is recommended to carry a remote emergency signaling device. Several offices in Reclamation use them, and have them set up for use on a checkout basis. These devices are dependent on satellites not cell towers.

The last part of the Travel Plan is to designate a time frame and communication attempts before contacting emergency services if you are overdue. This is a preference, but typically it is at least an hour after the arrival time and all communication attempts have failed before calling the authorities to search for you and your vehicle. Set this up in advance of your departure and designate one person to take the lead to contact the authorities if needed.

No one ever thinks they will need to make such a call, and yet the statistics of vehicular accidents are show that being prepared is wise for it can easily happen to you. So take a few minutes to make a Travel Plan for those work and personal trips. Planning is the first key to Arrive Alive!

What Should Be in My First Aid Kit?

What Should Be in My First Aid Kit?

While OSHA does not have strict requirements for the exact contents of every first aid kit, OSHA has issued a Best Practices Guide: Fundamentals of a Workplace First-Aid Program (OSHA Publication 3317 (2006)). OSHA recommends using the ANSI Z308.1-2015 standard for minimum contents of a workplace first-aid kit. Here are those minimum contents:

Adhesive bandage	Adhesive tape
Antibiotic application (ointment or cream)	Antiseptic
Breathing barrier	Gel-soaked burn dressing
Burn treatment	Cold pack
Eye covering, with a means of attachment	Eye/skin wash
First aid guide	Hand sanitizer
Medical exam gloves	2 inch and 4 inch roller bandages
Scissors	Splint
Sterile pad	Tourniquet
Trauma pad	Triangular bandage

Note that this list is only *minimums* and having additional items in a workplace first aid kit is perfectly acceptable, given that hazards in the workplace vary depending on work conducted in that workplace. The quantity is also based upon the number of employees in the workplace and projected need. Remember that some contents will have expiration dates and need to be rotated out when past that date. Regular first aid kit inspections are key to having efficacious supplies when a first aid need arises.

First aid training is required for some duty positions; however it is recommended for all employees, based upon approval from their supervisor. Taking a first aid class on your own is a personal decision, but the American Red Cross recommends that everyone have a basic first aid course. In the world beyond the workplace numerous first aid situations arise daily and having basic first aid training can save a life.

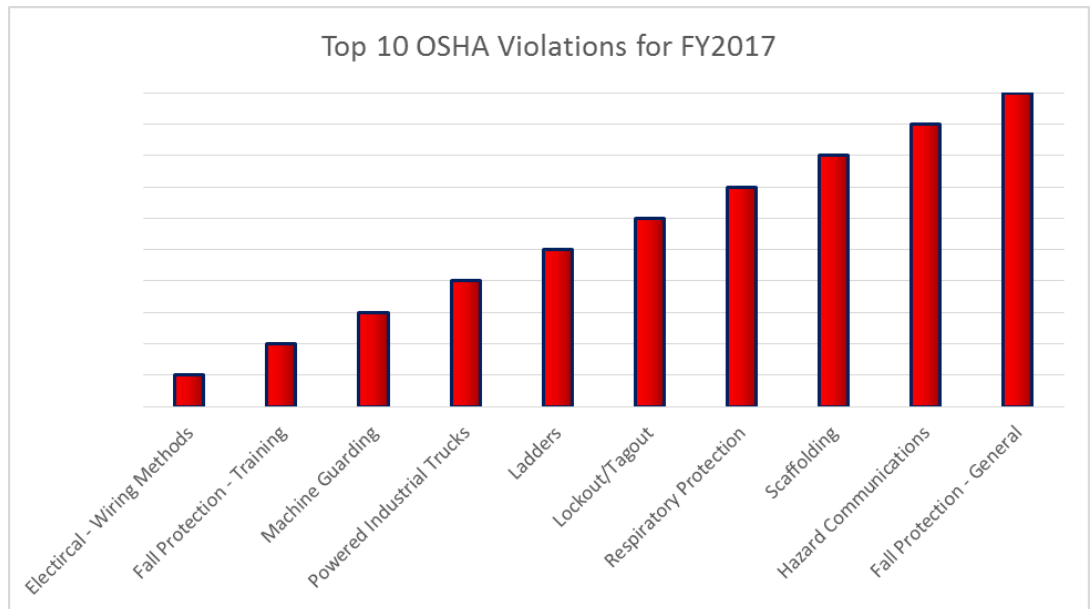
Finally, a word of caution on using tourniquets without having advanced first aid or medical training – disagreement among leading first aid training providers makes the decision to use a tourniquet difficult for a layperson. Know the “Good Samaritan” laws for your state, and whether or not it supports the use of a tourniquet by a non-first responder. When in doubt, use your best judgement.

For more information, go to the OSHA Medical First Aid website at: <https://www.osha.gov/SLTC/medicalfirstaid/index.html>

In The News: Top 10 OSHA Most Cited Violations in 2017

Each year OSHA puts out a list of the top ten most cited violations in the workplace. While there is some minor place changes each year, the list consistently has repeat categories show up. With a little effort from everyone, workplace injuries in these categories can be reduced.

For more information, go to: https://www.osha.gov/Top_Ten_Standards.html



Avoid Being Bugged

Bites and stings are not just annoying but can carry the potential for serious complications or illness. Ticks can transmit Lyme disease. Mosquitos can spread Zika and West Nile viruses, and malaria. Add on top that some people have moderate to severe allergic reactions to certain bites or stings, and it is good safety practice to be aware of how to avoid being bugged by bugs.

Here are some simple practices to help:

- Use insect repellent with at least 20% DEET, if possible
- Cover exposed skin as much as practicable
- Tuck shirt into pants and pant legs into socks for best protection
- Watch for places where insects build nests
- Listen for buzzing or swarming sounds and avoid those areas
- Avoid outdoor activity from dusk to dawn for mosquitoes
- Never swat or shoo at an insect; if one is on you, gently brush it off
- Stay calm if bitten or stung
- If allergic, always carry your rescue medications on you; instruct companions how to administer if you are unable to
- Keep a sting or bite clean and do not scratch
- Seek medical attention if the sting or bite becomes swollen, begins to exhibit a radiating rash or other serious allergic reaction symptoms appear

A Safe Workplace Includes Civility and Following the Rules

By Don McBride, Safety and Occupational Health Manager, Phoenix Area Office (PXA0)

Safety in the workplace is a fundamental core value, criterion for success, and a reflection of our overall attitude toward life. Proactive self-accountability for safety performance is the responsibility of each employee. No matter who you are, or what your job is - workers are bound by one common goal - that we all go home uninjured every workday.

OSHA standards for safety are the minimum regulatory compliance expectations. Achieving a zero-injury workplace requires cooperation and a commitment from all employees, to follow safety standards, procedures and guidelines, and keep safety top-of-mind. Empowering employees with the authority to stop work when an unsafe condition exists, is a key component of a strong safety culture.

Providing a safe working environment, free of recognized hazards, and in compliance with safety and environmental regulations, is the responsibility of the employer. Employers also have a responsibility to prevent harassment and offensive or discriminatory treatment of employees. Civility, which is a collection of positive behaviors that produce feelings of respect and trust, is at the heart of efforts to make workplaces safe.



A Safe Workplace is No Accident

Every employee wants to know the employer values their safety and respects them. Workplace culture has the greatest impact on behavior and safety. Proper training is critical for safe operation, and covers an employee's knowledge, skills and abilities to perform a specific task safely and successfully.

Poor quality can be rectified. A bad purchase can be returned and replaced. Figures miscalculated, can be recalculated. But a lost life can **never** be replaced, or rectified.

The safest place in the world for humans - is where there are NO humans. Any place humans exist, may never be considered 100% safe. Workplaces will never be 100% risk free, despite our best efforts. Safety is defined as: *controlling hazards to an acceptable level of risk.*

The challenge - is to ensure and encourage employee engagement, and facilitate positive, safe working conditions. Safety is the responsibility of both management and employees. Communicating safety goals is also important, and reinforce the message: "We cannot allow risk to become acceptable, or sacrifice safety".

Safety is impacted by a choice, or a series of choices made by an individual or group of individuals. Working safely includes the precautions taken when performing a task, and the level of situational awareness to external factors that may jeopardize a person's wellbeing.

Over 80% of all accidents that occur are due to choices made, and actions taken. Unsafe acts, rather than unsafe conditions, and risky behavior, are the root cause of most accidents.

(continued on Page 13)

In The News: The Heat Is On – Working in the Heat

Sometimes it is easy to forget that heat related illnesses don't just happen in the summer months. Confined spaces, sunny outdoor working conditions, even buildings with HVAC systems on the fritz can become workplaces where overheating can occur.

OSHA has a series of "Quick Cards" for worker safety and their "Quick Card – Protecting Workers from Heat Stress" is worth downloading. <https://www.osha.gov/Publications/osh3154.pdf>

In The News: Safety Alerts & Lessons Learned Online

In an effort to share safety information across the agency, Regional Safety Alerts and Lessons Learned are being now being posted to the intra-net. Prior editions of The Safety Factor included these documents.

But to provide long term ease of access and keep The Safety Factor's publication size manageable, you can now find Safety Alerts at <http://intra.usbr.gov/safety/alerts/yellow.html> and Lessons Learned at <http://intra.usbr.gov/safety/alerts/lessons.html>.

In The News: Speeding As Deadly as Drunk Driving

Speeding as Deadly a Factor as Drunk Driving in Vehicle Crashes

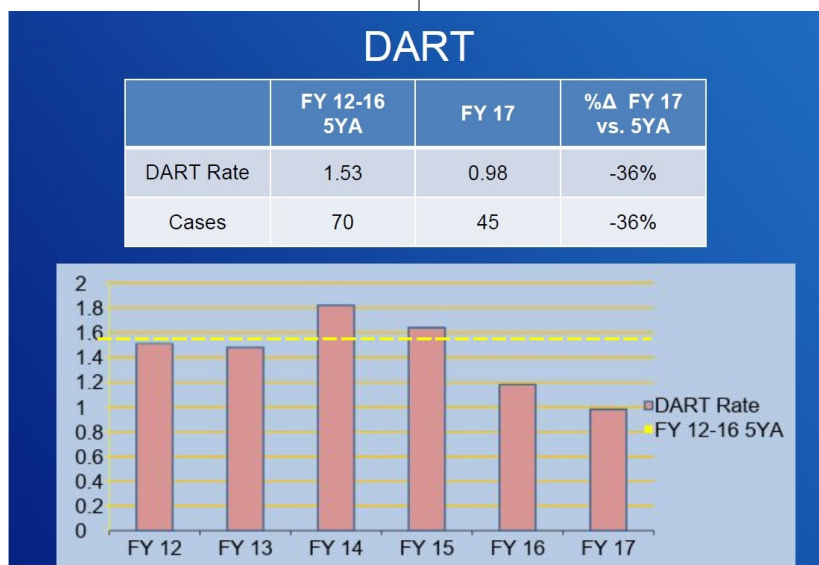
Speeding. We have all probably done it. We justify it by thinking that "Nine is fine", or the "As fast as everyone else so I don't hold up traffic" No matter how we try to justify it, not only is speeding a traffic law violation it is also as deadly as driving drunk.

The National Transportation Safety Board (NTSB) released a report last year that found speeding to be a causal factor in 112,580 highway crash fatalities between 2005 - 2014. During that same period of time, drunk driving was a causal factor in 112,948 highway crash fatalities. That is a sobering statistic, pun intended.

Speed limits are not arbitrary numbers. Actual transportation engineering, using science and math, determines safe operating speeds on roads. While drivers report they understand that speeding is a threat to their own safety and that of others, it is still a common practice in the United States. Speeding increases not only the chance of an accident but also the severity of the crash.

So next time you are driving and feel the urge to speed, remind yourself that your life and the lives of those on the road with you are not worth the risk. Take a breath, ease off the accelerator pedal and Arrive Alive!

For more information on the NTSB Study, go to: <https://www.nts.gov/news/press-releases/Pages/PR20170725b.aspx>



Technical Corner

The Value of Hazard Identification and Exposure Assessment

by LCR Safety Office April Brown and Juli Smith, CIH, CSP

The first step in building an effective safety program is the identification of hazards and the assessment of exposures. Prevention of workplace incidents and injuries rely on the ability to recognize and to manage workplace hazards. Part of hazard identification is anticipating the adverse health or environmental effects that may result from the agents of concern.

An “exposure assessment” is the qualitative or quantitative characterization of the nature and magnitude of a hazard. The act of assessing exposures plays a key role in risk management. Through the conduct of exposure assessments, we can effectively anticipate, recognize, evaluate, and control hazards. Additional exposure assessments verify the protective controls are adequate.

Similar exposure groups (SEGs) are effectively exposure profiles used to assess hazards and effects of those hazards on employees in common workgroups or who are performing certain tasks similarly. By using SEGs, we can address common hazards with similar control measures, and anticipate effects more efficiently and effectively.

Elements commonly used to conduct workplace exposure assessments include:

- frequency (how often is a task performed during a shift);
- duration (how much time does it take when performed);
- proximity (exposure resulting from primary work activities); and,
- intensity (what is the exposure level and how does it compare to accepted levels during the activity).

The exposure assessment considers some of the various factors found in graphic below:

Recognition and Anticipation	Evaluation
Workplace task(s)	Time factors <ul style="list-style-type: none">• Task Duration• Task Frequency• Exposure Years
Worker(s) exposed	Exposure Data <ul style="list-style-type: none">• Concentration• Time weighted Averages• Dermal• Etc.
Chemical or physical agent properties <ul style="list-style-type: none">• Toxicity• Route(s)• Work practices	Modifying Factors <ul style="list-style-type: none">• Dilution• Distance• Percentage• Etc.

(continued on next page)

Note that exposure assessments are “worst case” meaning, the assumption is that personal protective equipment is not used.

An example of how this works is when evaluating welding. Start with “who” does welding? How often do they weld, and how long do they weld? What are they welding? In open, with ventilation, in a confined space? What are the chemicals (metals and flux) used during welding? What type of welding are they doing? Is there ventilation, and where are they working relative to ventilation? How far from the work do they stand?

These factors are considered when conducting (and documenting) an exposure assessment. Each of these questions provides information that affects what type of personal protective equipment is recommended. How effectively personal protective equipment is used greatly affects individual exposures.

More on personal practices and protective equipment in an upcoming edition of The Safety Factor.

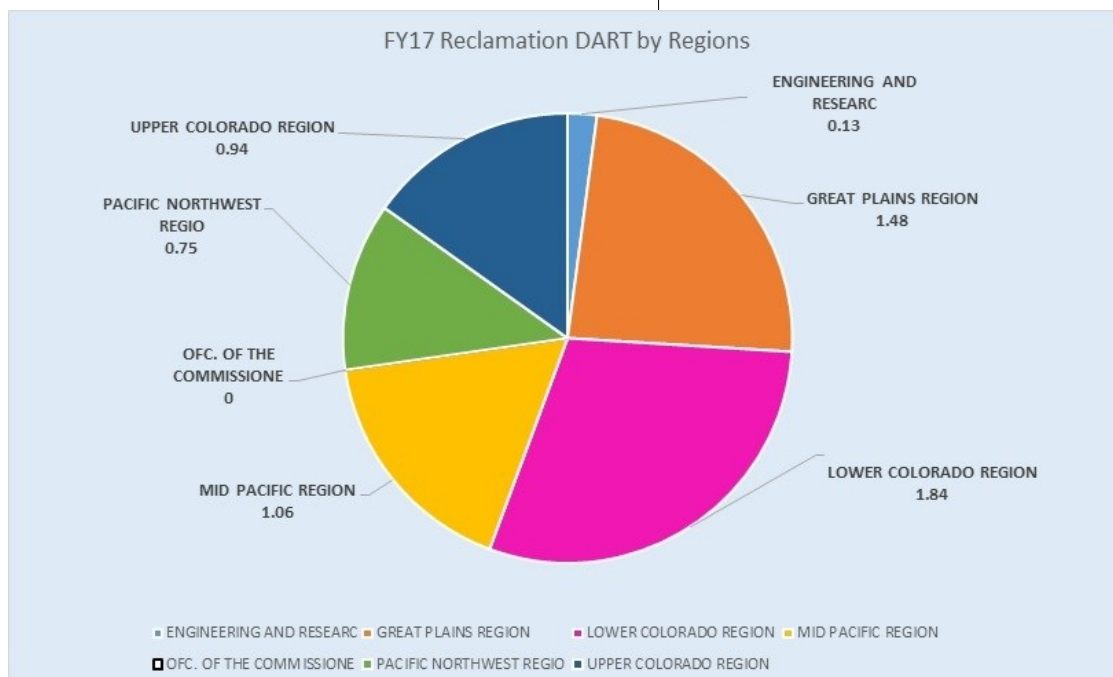
Be Informed About Flooding

In the western U.S., flash flooding is common. A quick deluge of water, moving swiftly with great power, is what we are used to seeing. But did you know that it only takes six inches of moving water to knock down an adult?

Flooding can occur anywhere in the U.S. and at any time of the year. The Department of Homeland Security has the following direction to give for flooding events:

- ◆ Turn Around, Don’t Drown! ®
- ◆ Avoid walking or driving through flood waters
 - ◇ Do not walk in moving waters over six inches
 - ◇ Do not drive through moving waters over one foot
- ◆ Do not drive over bridges or large diameter culverts that are over fast-moving floodwaters; the floodwaters can scour foundation material from around the footings and make the bridge/road base unstable
- ◆ If there is a chance of flash flooding, move immediately to higher ground
- ◆ If caught in a vehicle in moving water, do not leave the vehicle
- ◆ Be aware of weather conditions, forecasts and terrain; if flooding is probable, reschedule your trip or outdoor activity

For more information, go to: <https://www.ready.gov/floods>



DHS Ready.gov website has numerous helpful pages on important safety topics. For this and more safety tips check out their website at www.ready.gov

Following the Rules



There are instances where an employee may choose to disregard safety rules or bypass safety equipment. Safety standards and policies are critical requirements ensuring the safety of everyone and should outweigh other elements in the workplace. Example: If an employee is

properly trained, but chooses not to use fall protection equipment, or endangers a co-worker with a deliberate unsafe act - this type of negative risky behavior should be addressed by the employee's supervisor, and may include some form of disciplinary action.

The employee may feel embarrassed or emotional as a result of disciplinary action, or feel they have been shamed or even discriminated against. Discipline resulting from a safety violation however, is not harassment or discriminatory treatment. It is enforcement of standards, rules and guidelines created to keep everyone, including the individual, safe (alive and uninjured).

The determination if discipline applies centers on one issue: was the employee's behavior and actions in violation of safety rules, and was the behavior intentional and reckless?

The employee may perceive the discipline and criticism as "punishment" and see themselves as being micro-aggressed against when an interaction with their supervisor does not support their own sensitive feelings. The employee's safety, and that of their co-workers, does in-fact take precedence over an employee's feelings.

Assuming the employee was properly trained. Corrective action to retrain, remind and reemphasize the rules may be appropriate. But, you can't train compliance or positive behavior. That comes from employees taking responsibility for their own actions.

If a supervisor were to ignore an employee's unsafe behavior, OSHA equates a lack of discipline for safety issues as a lack of focus by the organization on safety. The organization can be deemed in violation of OSHA regulations for "willfully and knowingly" allowing unsafe behavior to occur.

Before acting, employees need to consider their actions and words. Each employee should take responsibility for their actions and develop an awareness of both safe and respectful behaviors.

Exceptional safety performance requires a commitment by all employees to follow all safety standards and procedures, and enforcement of safety rules and guidelines by organizational leadership. The entire organization must be focused on safety and the building of a committed safety culture. Safety is a fundamental core value everyone should understand - nothing is worth getting hurt over.

In The News:

New Safe Lifting App

New Safe Lifting App Released by NIOSH

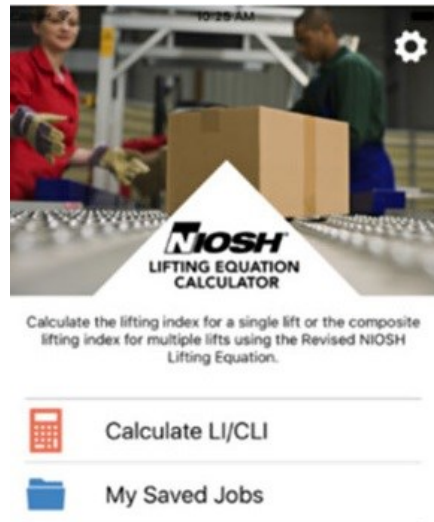
The National Institute for Occupational Safety and Health (NIOSH) has released an app for Android and iPhone called NLE Calc. It is a tool to calculate the overall risk index for single and multiple manual lifting tasks.

The goal of the app is to make evaluating lifting tasks easier, more mobile and

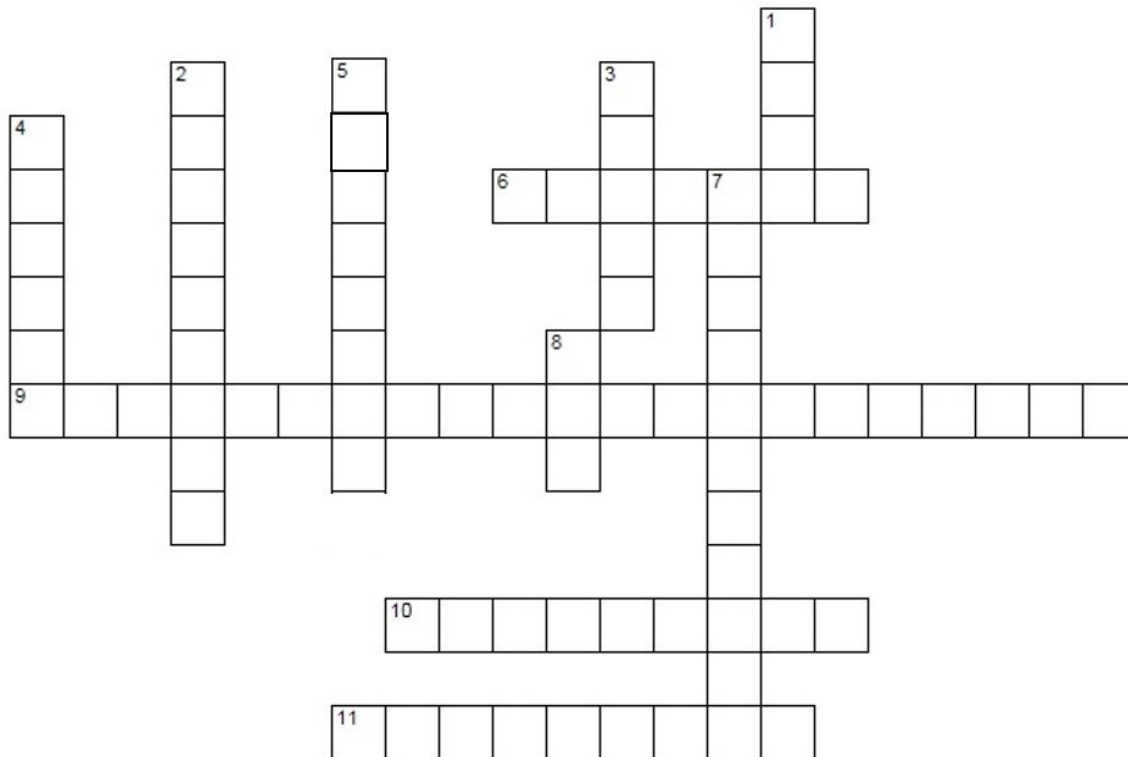
portable, and in the end reduce the incidence of low back injuries suffered by workers conducting manual lifts.

You can download the app from Apple iTunes or Google Play, or follow this link to the NIOSH website:

<https://www.cdc.gov/niosh/topics/ergonomics/nlecalc.html>



Safety Timeout: Crossword Puzzle



ACROSS

- 6) Never drive through a _____ roadway
- 9) A cushion between your vehicle and the one in front of you is called (3 word answer)
- 10) If you hear thunder, you are close enough to be in danger of being struck by this
- 11) What you should not use while driving a GOV (2 word answer)

DOWN

- 1) A tick bite can give you this disease
- 2) What you use to help block UVA/UVB exposure
- 3) Wear this fit of clothing to help keep you cool in the heat
- 4) If there is a fire in a building with elevators, what you use instead of the elevators
- 5) A restraint device you should always wear when traveling in a vehicle
- 7) The condition when the body does not have enough fluids
- 8) Minimum of inches of moving water that can knock you down

Link to answer can be found at www.intra.usbr.gov/safety/ and will be published in the next edition of The Safety Factor.